

# My Goal Setting Journal For 2011

*“In the future, when you look back on now,  
was today the first step?”*

Yogi-Mind

## Goal Setting that just works

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## A Message for the New Year

Dear Friend,

Congratulations on getting this far !

What you are about to read may change your life forever. I say this because I speak from experience. This **Goal Setting Journal** is a basic version of the actual workbook I have used every year for setting goals since 2005. Although this workbook does not contain the actual background, detail and steps that I use (I reveal this in the book and seminar entitled **A Present To Your Future**), it does give you sufficient detail to allow you to create great results with absolutely no investment what so ever. Imagine what you might get if you invested...

To learn more about the process I teach in [A Present to The Future](http://www.aPresentToYourFuture.com) be sure to check the website <http://www.aPresentToYourFuture.com>

My life has totally transformed since I've started using this process and I can without a shadow of a doubt point my finger at this process as being the cornerstone of my personal transformation.

This manual represents the very first step of the journey, and I only hope you follow the next steps in attending the Seminar and/or purchasing the Book to totally capitalize on your goal setting strategy. I promise it will totally transform the way you see goal setting, success and abundance in your life.

In many ways, [A Present To Your Future](http://www.aPresentToYourFuture.com) is a gift to you; It is my way of sharing what I have learnt, so that you, like me, can create amazing success stories in your life. This time next year, when you look back on today, and ask yourself "Was this my best year ever ?" I do hope it will be, and without further a due, let us begin with the big picture outline of **A Present To Your Future**.

Enjoy the process, it's fun and you can make it a real magical experience !

Here is to your success.

*Micheal Colhoun*

**Yogi-Mind**

*NLP - Yoga - Work Life Balance*

## What is A Present To Your Future?

This Journal outlines a two part exercise in goal setting journey that I use every year, and I get incredible results with it. Now I want to share the basis of these secrets with you.

What you need to do:

- 1) Read Section 1, especially the personal rules for success
- 2) Complete Section 2, of the Goal Setting Journal
- 3) To get the most from this process, attend a live seminar or purchase the Book [\*\*A Present To Your Future\*\*](http://www.aPresentToYourFuture.com)

## Why complete ***A Present To Your Future?***

Have you ever set goals and achieved them? You have, haven't you? Have you ever set goals and not achieved them? Of course you have. So the issue isn't whether you can achieve goals or not. It's whether you can achieve them consistently.

This is so important. I'll say it twice. Most people don't even bother setting new years resolutions, because for so many people, they give up before the first week of the year is out. So, it makes sense really. If you did something and it didn't work, why keep beating yourself up with a big stick. If you've always did what you've always done, you'll always get what you've always got. If you're not getting what you want, do something different.

In [A Present To Your Future](#), I will give you a clear and exact process for you to follow that will allow you to achieve your goals consistently and repeatably for the coming year.

This is why you should complete [A Present To Your Future](#).

So, Go ahead now, read **Section 1**, and complete **Section 2**, to make this coming year your best year yet.

## **Section 1: Secrets to Successful Goal Setting**

### **The Wishing Well**

An eight-year-old boy approached an old man in front of a wishing well, looked up into his eyes, and said: *"I understand you're a very wise man. I'd like to know the secret of life."* The old man looked down at the youngster and replied: "

The first is **Think**. Think about the values you wish to live your life by.

The second is **Believe**. Believe in yourself based on the thinking you've done about the values you're going to live your life by.

The third is **Dream**. Dream about the things that can be done, based on your belief in yourself and the values you're going to live by.

The last is **Dare**. Dare to make your dreams become reality, based on your belief in yourself and your values."

And with that, **Walter E. Disney** said to the little boy, "Yes, that's it, **Think, Believe, Dream, and Dare**"

## 7 Secrets for creating your Reality From your Dreams

- 1) **Clarity** – Say it the way you want it. Never in negatives. Get really specific and describe it in detail. What will you see, hear, feel and say to yourself when you get your outcome.
- 2) **Compelling** – Must excite you, Picture the last step, Make it compelling !
- 3) **Motivation** – Is it important to you, and to you only? Never set goals that others want you to achieve. They must be your goals!
- 4) **Purpose** – What will this goal do for you? What drives you to get this?
- 5) **Certainty** – Can you “act as-if” you are certain you can achieve this? Otherwise you will always have someone else to blame.
- 6) **Beliefs** – Do you really believe you can achieve this? If not, then change the belief or change the goal.
- 7) **Energy** – Where your energy goes your attention flows. Attend the seminar or read the book [A Present To Your Future](http://www.aPresentToYourFuture.com) to learn how to put energy into your Goals.

*Remember the two biggest reasons why people don't achieve their goals is that 1) They don't even believe they can achieve the goal to start with, and 2) the goal isn't important to them (but probably is to someone else)*



## How the Human Mind Works with goals

- The Rational Mind is a Servant, but the Intuitive Mind is a gift. Use your rational mind to set goals, and allow your intuitive mind to follow them.
- Your intuitive mind cannot process a negative. Say it the way you want it. For example, never say “*I want to lose weight*”. Say instead “*I want to be thin enough to fit a size...*”.
- Write down your Goals. When we write down goals, we take the first step to make them real.
- What’s the very last step you need to achieve so that you know your goal has happened? This is the instruction you want to give your intuitive mind.
- How does your intuitive mind know it has achieved something? You should see yourself in the picture achieving your goal.
- Balance – We must set goals in all areas of our lives, otherwise our life gets out of balance, and we end up sabotaging our goals.
- We unconsciously know how to create success and failure. Always. The trick is to recognize if we are setting goals we can succeed at or we can fail at, then work on your rules for success

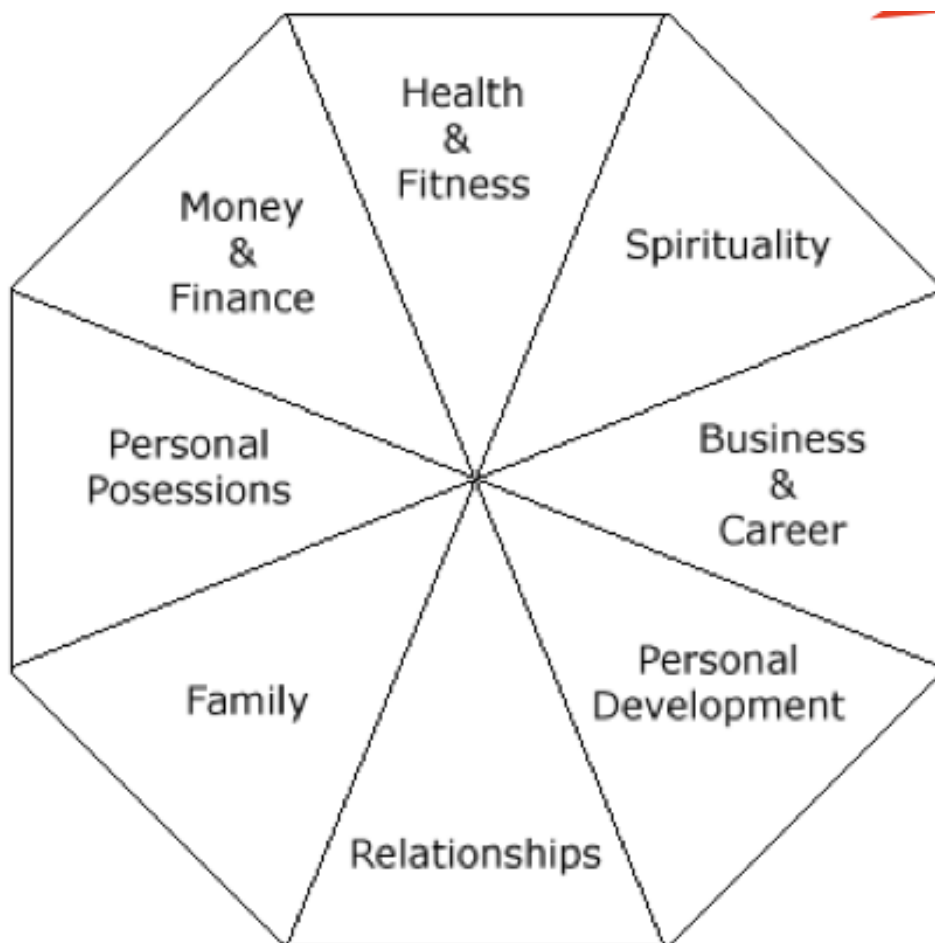
## Convenient Beliefs that support my Goals

A **Belief** is something that we accept as true, even though we don't know. It requires an act of faith. Certain beliefs that we have disempower us, and they make us feel small. I call these **Inconvenient Beliefs**. They are inconvenient and we are better off not believing them. On the other hand **Convenient Beliefs** are beliefs I conveniently assume and take on board to assist me in achieving my goals. Here is a selection of my favourite. Consider adopting them as your own.

- I'm always doing **the best** I can - If I knew any better at the time, I would do it that way.
- There is **no failure** – everything is just feedback, I just haven't achieved it yet.
- I am the creator of my experiences. All my experiences are **my own responsibility**, and to blame other people or events is not being responsible for my goals.
- There are only two outcomes in life. **Results** and **Reasons**. If I don't get the results I want, then I go out to prove that my reasons for it are false.
- Every goal is a diamond, waiting to be polished. Polishing takes patience, time and effort.
- Life is simple, but it's not easy - You **must** take action!

## **Section 2: The Circle of Life**

When setting goals, it's important that you balance goals in all areas of your life. Choose goals in **all** of the following areas. To begin with, choose the area that will make the biggest difference to your life.



## Working out your Rules for Success

List all the Goals you succeeded in achieving last year. You will use this to find your *Rules of Success*.

[illegible]

List all the Goals you failed to achieve last year. You will use this to find your *Rules of Success*.

[illegible]

## Personal Rules for Success

Looking back at the difference between the goals you were successful at achieving and the goals that you failed to achieve, what struck you as important about the goals you succeeded in achieving? Write down as many important differences that you can determine. These are your personal rules for success. (*We use a formal process to evaluate this in the Book [A Present To Your Future](#)*).

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## Working Out Your Goals for the coming year.

For each of the areas in the *Circle of Life*, ask yourself the following questions:

- a) In the context of \_\_\_\_\_ (section of life) what is it that I want to do, or be or have? This is the title of your goal.

**Goal Title :** \_\_\_\_\_

- a) On What date in the Future will I have achieved this goal?

**Date Achieved :** \_\_\_\_\_

- a) What's the very last thing I will see, or hear, experience or say to myself before I know that this outcome has come true ?

**Last Step :** \_\_\_\_\_

Now, restate the goal as follows:

**On the (*Date Achieved*), I will be doing/being/having (*Goal Title*) when I hear/see/experience (*Last Step*).**

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## Congruence and Consequences

In order for your goals to work, they must conform to your own personal rules for success and the rules below.

For each goal, ask yourself the following questions:

**a) Do I really believe I can achieve this?**

*( If not then you need to change the goal or remove the obstacle. Don't set goals you don't believe you can achieve, and don't walk into obstacles you can't overcome. That's called stubbornness).*

**b) Is it possible?** *( If you say “I don't know”, or “maybe”, then you need to change the goal or remove the obstacle).*

**c) Do I know how to do this, or could I find out from someone else how to do this?** *( You must know the steps in achieving your goal, or at least know how to find the information and/or teacher and you must be willing to pay the price to learn. Paying the price may mean time, or money or both ).*

**d) Does it conform to my personal rules for success?** *( Review the 7 secrets, personal rules and convenient beliefs Now! ).*

**e) Consequences - How will it affect me?**

**I. What will change for the better if I achieve this?**

**II. What will change for the worse if I achieve this?**

**III. What will change for the better if I don't achieve this?**

**IV. What will change for the worse if I don't achieve this?**

**V. Do I still believe I can achieve this?**

*( If not, then go back to step (a) )*

**f) What's the last step** *( see previous page)*

# Creating Goals

The art of creating compelling and motivating goals is revealed and discussed in detail in the book [\*\*A Present To Your Future.\*\*](#) What you can do right now is find ways that you can personally make your goals compelling and motivating, through visualization, music, mantra, role play, meditation or whatever you can dream up. Why not give it a go, and see how compelling your can make your goals and then attend the seminar or purchase the book to see how you can really bring this process to the next level.

**I can make my goals more compelling by :**

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## Conclusion

Always, always set goals that you absolutely know you can achieve, make sure they are motivating and compelling. Sometimes, when you start out, it may be best to lower the bar, so that it's impossible to fail. But sooner or later you will want to create bigger and more audacious results. For this you need to look a little deeper at the obstacles that get in the way. If you feel you need help in removing these obstacles and emotional blocks that prevents you from setting really big goals, then feel free to get in touch. All this is covered in the book and seminar. For more information see <http://www.aPresentToYourFuture.com>

## How to create even more massive results

- Let go of Negative Emotions and Limiting Decisions.
- Set Big Goals that scare you – just a little !
- Take action. Life is Simple, but it's not easy. You must do something differently. If you've always did what you've always done, you'll always get what you've always got.
- Enforce your Boundaries. Be prepared to stand up for what you believe in.

Happy Journeying,

*Micheal Colhoun*

**Yogi-Mind**

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